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Look up a natural **DIY recipe** that you can make to replace a conventional product. Think about which products you use most often that would be easy to replicate. Make a DIY product to share with friends or family. Document the process (include photos!) and include responses to the following questions:

What recipe did you choose and how did you select your ingredients?

<https://www.thehealthymaven.com/diy-natural-deodorant-that-actually-works/>

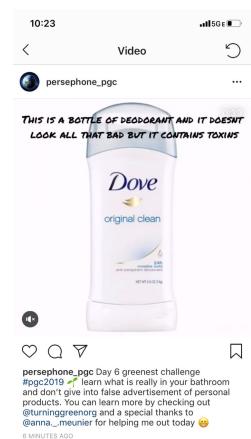
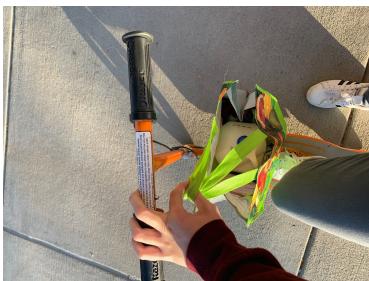
I followed this DIY natural deodorant. I went to the store and got the ingredients that I didn't already have like arrowroot flour and shea butter.

How did you store your product? Is there something you can repurpose?

I put it in a mason jar and placed it in the frige. I can reuse the mason jar to contain more doedorant once I run out of what I currently have

Before sharing with friends or family, create an educational piece based on what you learned from this challenge. This could include a one-sheet, video, or short presentation.

Now it's time to share your DIY product and inform friends or family! Document the process and their reactions.



this is a vide



How did they feel about the information you shared?

Anna (friend): she said It's crazy to hear how many toxins you are wearing every day.

Teagan (younger sister): She

Did they seem open to switching personal care products?

Anna (friend): She said as long as I test out the DIY deodorant first then she would try it out.

Teagan: Considering my sister just uses whatever my mom buys so if I tell my mother to start buying more eco-friendly products she probably will.

Did they enjoy your DIY product?

Anna (friend): she said It was fun to help make and looks interesting. She also didn't know what arrowroot flour was before today.

Teagan (younger sister): She also helped make it and liked it a lot.

Works Cited

Beres, Ron, and Lisa Beres. "The Most Dangerous Chemicals in Your Beauty Products." *Ron and Lisa Beres Healthy Home Experts*, 30 July 2013,

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